**DIET ASSIGNMENT-A 3-day evaluation**

**40 points Due Tues. May 23**

Please read the instructions carefully. Late assignments will NOT be accepted unless

arranged ahead of the due date.

Use the free (phone, computer) app, **My Fitness Pal** (MFP), to evaluate your diet for three days. If you have no access to a smart phone or computer, see me today (May 11) for an alternate plan.

**WHAT TO TURN IN?**

* Print your ‘food diary’’ for each of the three (3) days food intake you record.
* Print the eight (8) required ‘Reports’. They are listed on page 2 of this hand-out (HO).
* Evaluate your diet by answering questions 1-12 at the end of HO (see pages 3-4)
* Back-to back printing is encouraged.
* Include the rubric at the end of your assignment.
* Make a Cover Page for your work. Type LAST NAME, FIRST NAME**,** class start time and date

in upper right corner. Cleverness in design is appreciated, but not required!

* Put all pages in a pocket folder or plastic sleeve with your cover sheet on top.
* Use **NO** staples, paper clips, duct tape, etc.
* **Be forewarned! Points will be deducted if you do not follow instructions.**

**NOTE*:*** The more accurately you record your intake (type/amount) the better your analysis will represent your actual diet. Your grade is based on the detail of your data entry and the diet evaluation. It is **NOT** based on the quality of the foods you consumed!!

**TIPS FOR SUCCESS**

**Include**

Sugar (e.g. white, brown, raw), cream, butter, jam, sauces, dressings, condiments, soy sauce, salt, all sodium containing seasonings (e.g. ketchup, mustard, garlic salt) and frying oil (amount/type), etc.

All beverages that provide calories

Salt and season salts, but no other spices (e.g. cinnamon, rosemary, pepper) need be listed.

**Do NOT include**

**Supplements** (e.g. vitamins, minerals, herbs, magic potions etc. Your analysis should reflect the nutrients you consumed in your foods/beverage…not from supplements! For **protein shakes** you should log the mixer (e.g. milk, soymilk, juice) and any foods added to the shake, but **do NOT** include the protein powder because it will distort the amount of protein you get from your diet.

Exception: If you take a meal replacement beverage to actually replace a meal, you can include it.

**Pay attention to detail**

**Dairy** …regular, low or nonfat, chocolate, etc.

**Bread**…100% whole wheat, enriched white, rye, etc.

**Cereal/grain** (use details on grain/product type: i.e. white/brown rice; Honey Nut/regular Cheerios)

**NOTE:** if you eat cereal, don’t forget to add all that you put on it…milk, fruit, sugar, etc.

**Fruit or vegetable** fresh, frozen, canned in juice, or syrup

**Meat/eggs/veggies** include how prepared (grilled, boiled deep fried)

**Oil** Identify type of oil (canola, peanut, etc.)

**Butter/butter substitute and/or margarine** record the type: stick, tub, diet, blend, liquid etc.

**Prepared foods**

**Fast food/convenience/restaurant:** Many restaurants are included in the MFP database. If the exact item you ate is missing, work around this using similar foods listed for other establishments.

Extra credit write: *‘Eat right. Your way. Every day.’* on your cover page.

**Packaged food:** There is a **barcode scanner** on the phone app that makes this very easy to do

**Ethnic Foods not common in the US diet:**

If the food you ate is not in the MFP database, then use a comparable item from the database

(e.g. if you ate starchy root vegetable not in database …then use potato, parsnip or sweet potato.)

Use the barcode scanner in the app to get data directly from the label of many processed foods.

### Estimating Portion Sizes

Record food amount eaten in common portions: cups, teaspoons, tablespoons, slices/pieces, fluid oz.

1 cup of food is about the size of a woman’s fist or softball

1 cup = ½ pint = 8 fluid ounces (but may not *weigh 8 oz.*) i.e. 1 cup of cereal may only weigh 1 oz.

Read label and adjust for the amount that you actually ate!

¼ C = golf ball

1 Tablespoon= 3 tsp. (Tbsp.= size of thumb; teaspoon= size of thumbnail)

A piece of meat that about the size of a deck of cards or a smart phone weighs ~3 ounces.

A dinner plate of spaghetti holds ~ 3 cups of spaghetti and 1½ cups of sauce.

A container of creamer at a restaurant is ½ fl. oz.

Average processed, pre-packaged cheese weighs ¾ ounce.

Average cake slice weighs ~ 3 ounces, a small cookie ~½ ounce, large cookie ~ 2-3 oz., deli bagel 4 oz.

**Part 1 *Log your food intake using My Fitness pal***

**My Fitness Pal Instructions**

Create an account for the app, My Fitness Pal (MFP). The phone app is convenient for daytime logging. The phone and computer accounts can be synced.

**Food Diaries** (3 days)

From the MFP home page, SELECT *‘Food’* from the main menu bar across the top of the screen and enter your food intake for the day. (Optional: include your exercise for the day for the most accurate report. Access the *‘Exercise’* tab from the main menu bar).

After you complete each day’s log, SCROLL to the bottom of the page and SELECT ‘*View Full Report (Printable)’****.* Print all three (3) food diaries to turn in**.

**Reports** (8 reports)You will repeat the following steps for a total of eight items; calories, *protein*, *saturated fat, sodium, potassium, fiber, sugar and calcium.*

**Example**: From the MFP home page, SELECT *‘Reports’* from the main menu bar.

Under ‘*Choose a Report’* SELECT *‘calories’.*

SELECT the ‘*reporting period’* (last 7, 30 or 90 days) that includes the 3 days you logged your intake. You should see a bar graph with 3 columns, one for each day you logged. PRINT each report. CUT and PASTE them together however you think is the best way to show me your data.

Hover over the red line to see what MFP has listed as your personal goal. The bars show how close you came to your MFP goal (red line) and displays the nutrient amount you consumed each day.

**3-Day Average** (by hand or using iPhone app)

Extra Credit. At the end of the rubric write in 1 Tablespoon = 3 teaspoons

CLEARLY write your 3-day average on the appropriate page for each report. **NOTE**: Units matter as they are not the same for all Reports (e.g. calories, grams, etc.) See sample reports in class.

**Hand Calculate** your 3-day average intake for each report (MFP does not provide this info) as the desktop version of MFP does not does not do this.

**OR USE… iPhone App Calculation**  (I’m unsure about droids)At the bottom of the phone app home page, SELECT ‘more’, then SELECT ‘Nutrition’. You will see ‘Calories - Nutrients - Macros’ at page top. SELECT ‘week view’, then ‘last 7 days’. SELECT ‘Calories; for average calorie intake. SELECT ‘Nutrients’ for your average intake of protein, saturated fat, potassium, sodium, fiber, sugar and calcium.

**Part 2 *Diet Evaluation*** For your convenience you can type your answers into the HO online.

**1**. Were the days evaluated typical of your diet? If not, how were they different?

**2**. Are you on any kind of special diet (vegetarian, weight loss, low carb, weight gain, no gluten, etc.)?

**3.** Use your data to compare your **MFP Recommended Intake** to the **Actual Average Intake**.

**TABLE A MFP Recommended Intake** **Actual Average Intake**

From Home on MFP home page, Calculate the 3-day average

Select ‘goals’ from drop down for each of the categories below.

menu for your personal values Write the avg. in the space below

or use Red line value on reports. **and** on the individual reports.

Calories (max)\_\_\_\_\_\_\_\_Calories \_\_\_\_\_\_\_\_\_\_Calories

Protein \_\_\_\_\_\_\_\_\_\_\_\_grams \_\_\_\_\_\_\_\_\_\_grams (not %)

Saturated Fat (max)\_\_\_\_\_\_\_\_\_grams \_\_\_\_\_\_\_\_\_\_grams

Sodium (max) 2300 milligrams \_\_\_\_\_\_\_\_\_\_milligrams

Potassium (min) 4700 milligrams \_\_\_\_\_\_\_\_\_\_milligrams

Fiber (min) \_\_\_\_\_\_\_\_\_grams ­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_grams

Sugar (added + natural) (max)\_\_\_\_\_\_\_\_\_grams \_\_\_\_\_\_\_\_\_\_grams

Calcium 67-250% RDA\*\* \_\_\_\_\_\_\_\_\_\_% RDA

\*\*There is a huge safety factor built into the RDA. Typically for most vitamins or minerals, an intake of <67% is considered deficient and an intake of over 250% RDA may be dangerously excessive.

**NOTE:** Use **TABLE A** to answer questions 4-12

**4**. **CALORIE**S: Compare your Recommended and Actual intake. Please underline choice

Are there changes to make to achieve and/or maintain your weight goal? **YES / NO**

If yes, list **a** **SPECIFIC, realistic** diet and/or exercise change you are willing to make to correct this?

*Example: I want to lose weight, so I will replace my 24 oz. lunch soda with 12 oz., soda and water*.

**5.** **PROTEIN:** Compare your Recommended and Actual intake.

Are there changes to make to your protein intake? **YES / NO**

If yes, list **a SPECIFIC, realistic** change you are willing to make to correct this? If the numbers suggest a change is needed, but you feel differently, please explain why in a couple of sentences.

**6. SATURATED FAT:** Compare your Recommended and Actual intake.

Are there changes to make to your saturated fat intake? **YES /NO**

If yes, list **a SPECIFIC, realistic** dietary substitution you are willing to make to reduce your saturated fat intake?

*Example: I eat too much saturated fat. I will replace butter with whipped butter to reduce it by 50%.*

**7.** **SODIUM (Na):** **Circle/highlight** those foods on your food log that provided you with more than 750 mg Na ( ~1/3 more than your recommended intake).

**If** your average sodium intake is > 2300 mg/day, then list **a SPECIFIC, realistic** healthier food choice for one of the circled items. *Example: I will use sodium- lite soy sauce in place of regular soy sauce.*

**8.** **POTASSIUM** **(K)**: Compare your Recommended and Actual intake.

Are there changes to make to your K intake? **YES / NO**

If yes, list **a SPECIFIC, realistic** dietary substitution you are willing to make to increase your K+ intake by ~1000 mg. Look up K+ sources in your text/online if needed

*Example: I’ll add 4oz. Greek yogurt and a 1/2 cup coconut water to raise my K+ intake by ~1000 mg.*

**9.** **SUGAR:** Compare your Recommended and Actual intake? **YES / NO**

**NOTE**: MFP does not differentiate between ‘added’ and ‘natural’ sugar. Review class notes, if needed for details. Based on where your food logs show (I will check this too!) your sugar comes from, decide if a change in your diet is needed.

If a change is needed, then list a **SPECIFIC**, **realistic** change you would make.

**10.** **CALCIUM (Ca)**: Compare your Recommended and Actual intake.

Are there changes you need to make to improve your Ca intake? **YES / NO**

If yes, list a **SPECIFIC, realistic** dietary substitution you are willing to make to improve your calcium intake.

*Example: I will add 4 oz. of low-fat Greek yogurt or 1/2 C starchy beans to my diet daily.*

**11.** **FIBER**: Compare your Recommended Actual intake.

Do you need to make changes to your diet to meet your goal? **YES / NO**

If yes, list a **SPECIFIC, realistic** dietary substitution you are willing to make to improve your fiber intake.

*Example: When I buy cereal, I will find one that provides at least 5 grams fiber/serving and replace my Sugar Smacks with it. Plus, I will start adding ½ cup fruit on top.*

**12.** Based on the above analysis, mark the choice that best describes what action you will take.

\_\_\_\_\_ My diet is healthy as reported. No changes are necessary.

\_\_\_\_\_ My diet is not very healthy, but I am not ready to make any changes in it.

\_\_\_\_\_ I will change my diet as I described to remedy the imbalances in my diet.

Are there other actions and/or comments you would like to add?

**Basis of Grading Total Possible - Your Score**

* Followed Directions 5 points \_\_\_\_\_\_\_\_
  + Paper submitted was complete
* Logging detail and accuracy 15 points \_\_\_\_\_\_\_\_\_
  + Food logs are complete
  + 3-day average intake
* Answers to Questions 1-12 20 points \_\_\_\_\_\_\_\_\_
  + correctly identified where change in your diet is needed
  + appropriate, realistic, specific changes are listed to

improve your diet